



Wine Country Extension

A post retreat extension in California's Napa & Sonoma Valley wine country

24 - 27 October | 3 days / 3 nights

Wait you went to Sonoma and didn't taste wine? That's not right! Please consider joining us for a post retreat extension into California's gorgeous (and delicious!) wine country. There are two coveted food & wine valleys in California. World renowned Napa Valley includes Napa along with the small towns of Yountville, Oakville, Rutherford, St. Helena, and Calistoga. These towns are referred to by locals as the "Up Valley." Similar to Napa, Sonoma is the name of a town, name of the region, and it's an AVA (American Viticultural Area). Sonoma County welcomes all with a relaxed and genuine vibe found in delightful small towns, intimate tasting rooms, and in every interaction with locals. We'll experience a sunrise hot air balloon ride, wine tastings, natural mineral springs, gourmet cuisine, small town exploration, art walks, and shopping. A great transition back to reality, with lots of laughs, relaxation, spa-time and the bounty of this gorgeous country.

Day 1 Monday, October 24

Your Trip Leader will pick you up at the WTW Retreat location in Cobb, California at 11 am. We'll depart for wine country enjoying the scenery on a one-hour drive. We'll enjoy lunch and a stroll around the town of Healdsburg to soak in that relaxed California feeling that is ever-present in this charming town.

Next, we're off to a wine tasting to re-introduce our palettes to world-class wines.

[Thumbprint Cellars](#) specializes in a luxurious and uniquely intimate experience where you'll select from a carefully curated list of delicious Thumbprint cellars wines. After, we'll check into our lovely hotel, stroll the grounds, and discover the amenities.

After a rest, a delightful dinner will be enjoyed at the Michelin rated [Chalkboard](#) a short walk away.

Overnight Healdsburg at [the H2 Hotel](#).

Day 2 Tuesday, October 25

After breakfast at the [Parish Café](#) (where fresh beignets are served daily), we'll go to the Healdsburg farmer's market to wander through the bright colors of the fall bounty, savoring the sweet, fresh smells and enjoying some live music. This area invites us to explore, play, and relax as we enjoy lunch and two wine tastings today.

In addition to other grape varietals, Sonoma produces world class Chardonnay and Pinot Noir wines. Our wine tastings today will be at the [Lioco wine tasting](#) room that offers flights of lovely local wines, and then we're off to the family owned [Ferrari-Carano Vineyards](#) and Winery, home to award-winning wines, estate owned vineyards, exquisite gardens and breathtaking views. This is also a woman-owned winery in an area where approximately 13% of California wineries are owned by women.

Late afternoon it's back to our oasis and perhaps time to indulge in a spa treatment (at guest's expense), or spend some time shopping downtown.

Tonight, we'll be treated to a Chef's 5 course tasting menu at [Valette](#). The menu is crafted around local products, showcasing the best of Sonoma County, seasonal fish, and sustainably raised meats along with produce grown on their estate farm, located just 100 yards from the restaurant. Overnight Healdsburg at the H2 Hotel.

Day 3 Wednesday, October 26

It's an early start today with an adventure aloft as we soar above the magnificent **Sonoma Valley in a hot air balloon** ride! Flights typically last about one hour as we enjoy gorgeous agricultural surroundings from a bird's eye view. Enjoy a champagne toast afterwards to commemorate becoming an aeronaut!

After our flight, we'll enjoy the town of Yountville, which has earned the unofficial title of 'Culinary Capital of the Napa Valley'. Lunch is on your own today as you stroll the streets of Yountville to see some of the over 40 works of outdoor sculpture that dot the town and make up the Yountville Art Walk.

This afternoon, we drive the short distance to Calistoga to enjoy two wine tastings. The first is at the [Olabisi Wines](#) tasting room. Olabisi means limited production – these are handcrafted wines from one-of-a-kind vineyards sourced and tended to by uncommonly

talented farmers. Next up, we're off to the landmark Castello di Amorosa (castle of love) an authentically styled 13th century Tuscan castle winery in the Napa Valley. Here we'll enjoy a seated reserve tasting with an invitation to explore the castle on your own.

Afterwards, we'll check into our luxurious resort and enjoy the natural mineral springs. This place will both inspire you and relax you – it's that spectacular. The natural mineral springs pool dating back to 1860 when the resort was created is open until midnight. Dinner tonight will be at [Sam's Social Club](#), right on the property which is the place to meet for California cuisine that is seasonal, creative, and thoughtfully prepared.

Overnight Calistoga at [Indian Springs Calistoga](#).

Day 4 Thursday, October 27

Breakfast is served at the hotel and then why not enjoy a massage (at own expense) before check-out at 11am. We'll provide one shuttle heading south to San Francisco's SFO and flights home. Please book flights home later than 2pm.

Accommodations

2 NIGHTS: H2 Hotel, 219 Healdsburg Ave, Healdsburg, CA 95448
[HTTPS://H2HOTEL.COM](https://h2hotel.com)

KING ROOM

Striped bamboo floors, funky Peace Industry rugs and local art give the rooms character without excess fuss. Lush 100% Egyptian Cotton linens and robes have such come-hither appeal they could keep you in bed all day.

All rooms have built in desks with ergonomic chairs and extra storage, plus seating areas both outside and in. The understated aesthetic is carried through to the bathrooms with simple lines, Heath ceramic tile and signature bath products crafted from natural ingredients. Feeling parched? Grab your glass carafe and head for the water bar on your floor for your choice of icy cold still or sparkling.

1 NIGHT: Indian Springs Calistoga, 1712 Lincoln Avenue, Calistoga, CA 94515 USA
[HTTPS://WWW.INDIANSPRINGSCALISTOGA.COM](https://www.Indianspringscalistoga.com)

QUEEN LODGE ROOM

At the north end of Napa Valley, you'll find California's premier historic resort and spa. Indian Springs Calistoga's palm tree-lined drive unfolds into 17 stunning acres of rolling hills and ponds, lush olive trees and fragrant gardens, bursting with lavender and roses. Blessed with rare, sustainable natural resources, including mineral water from four thermal geysers and special mud made from pure volcanic ash, guests have long recognized the restorative powers of our abundant land.

Beautifully refurbished hardwood floor, private enclosed courtyard. Quick walk to mineral pool. Guests will love the irresistible soft sleep queen bed dressed with luxurious Frette linens, as well as our cozy spa robes and other thoughtful amenities. Complimentary mineral water, snacks, and of course, use of our Olympic-size mineral pool from sunrise to midnight are included. Explore our beautiful grounds planted with palm and olive trees, roses and lavender, pamper yourself with a restorative spa treatment, or play shuffleboard, bocce ball or pick-up sticks. First floor rooms include a private patio with a chaise lounge and the sound of fountains. Each Lodge room has 1 Queen sized bed. OCCUPANTS MUST BE AT LEAST 18 YEARS OF AGE.

PRICE PER PERON: \$4400

If you'd like to share a room, let us know – you can normally save money by sharing.

What's Included

- 4 days/3 nights fully guided tour by a local, knowledgeable Trip Leader
- All land transportation as outlined in this itinerary with pick up at WTW retreat location and end at SFO airport
- 4-star hotel accommodations in single occupancy rooms
- All meals from lunch on Day 1 through breakfast on Day 4; with the exception of one lunch on Day 3
- Five wine tastings (focused on women owned vineyards)
- Hot Air Balloon ride, including balloon pilot's gratuity

What's Not Included

- Alcohol outside the included tastings, and other items of a personal nature
- One lunch on Day 3
- Optional gratuity to your Trip Leader at the end of the trip